

CLAIMS

What is claimed is:

1. An exercise garment, comprising:
  - a torso portion adapted to substantially cover the torso of a user;
  - one or more flaps, each flap being secured substantially to a side of said torso portion; and
  - at least one fastener adapted to selectively secure said pair of flaps across at least a portion of an abdominal region of said user.
2. The exercise garment according to claim 1, wherein said one or more flaps includes a pair of flaps.
3. The exercise garment according to claim 2, wherein said pair of flaps overlap over said abdominal region when both flaps are secured.
4. The exercise garment according to claim 1, wherein said at least one fastener includes a hook-and-loop arrangement.
5. The exercise garment according to claim 4, wherein said hook-and-loop arrangement is adapted to provide adjustable positioning of said flaps.
6. The exercise garment according to claim 1, wherein said torso portion includes:
  - a corset arrangement extending from a top portion of said torso portion downward through at least a portion of said abdominal region.
7. The exercise garment according to claim 1, wherein said torso portion includes a crew neck.

8. The exercise garment according to claim 1, wherein said torso portion includes sleeves.
9. The exercise garment according to claim 1, wherein said torso portion is sleeveless.
10. The exercise garment according to claim 1, wherein said torso portion includes a plurality of pockets adapted to retain a weight.
11. The exercise garment according to claim 1, further comprising:  
a leg portion adapted to cover at least a portion of each leg of said user.
12. The exercise garment according to claim 11, wherein said leg portion and said torso portion are integrally formed.
13. The exercise garment according to claim 11, wherein said leg portion includes a plurality of pockets adapted to retain a weight.
14. The exercise garment according to claim 1, wherein said torso portion is formed of a non-fibrous rubber.
15. The exercise garment according to claim 1, further comprising an accessory strap adapted to secure an accessory to said torso portion.
16. The exercise garment according to claim 15, wherein an audio player is secured to said accessory strap, said audio player adapted to play a recording.
17. The exercise garment according to claim 15, wherein said recording includes affirmation recorded in a user's voice.

18. An exercise garment, comprising:
- an integral body suit adapted to substantially cover at least a portion of a torso of a user;
  - a pair of flaps attached to opposing sides of a waist portion of said body suit, each of said flaps having a free end; and
  - fastening means for selectively securing said free end of each of said pair of flaps across at least a portion of an abdominal region of said user.